

Diabetes Prevention & Control: What You Should Know



*More than 9 million women in the United States have diabetes,
and about 3 million of them do not know it!*

Most of the food you eat is turned into sugar (glucose) for your body to use for energy. The pancreas makes insulin, which helps sugar get into your cells. When you have diabetes, your body doesn't make enough insulin or can't use the insulin it does make.

This causes sugar to build up in your blood. Over the years, high blood sugar leads to problems like heart disease, stroke, blindness, kidney disease, and other concerns.

Types of Diabetes:

- ***Type 1 diabetes:*** Usually first diagnosed in children or young adults. In this form of diabetes, the immune system attacks the cells that make insulin in the pancreas and destroys them. The pancreas then makes little or no insulin, and cells can't take sugar from your blood. Someone with type 1 diabetes takes insulin shots or uses an insulin pump.
- ***Type 2 diabetes:*** The most common form of diabetes. People can develop it at any age - even during childhood. Type 2 diabetes begins when your body can't use insulin properly, and there is too much sugar in your blood. At first the pancreas keeps up with the added demand by making more insulin. Over time it can't make enough insulin.

Diabetes Prevention:

When you take steps to prevent type 2 diabetes, you also lower your risk for heart disease, stroke, kidney disease, blindness, and amputation. Small changes in your lifestyle can make a difference. They include physical activity, losing and maintaining a healthy weight, and eating a healthy diet.

Physical Activity: Get at least 30 minutes of physical activity most days of the week. Although an overweight person may face special challenges, moving any part of your body- even for a short time- can make you healthier.

Healthy Eating Plan: Choose low-fat foods and foods high in fiber. Cut down on fat and cholesterol by having low-fat dairy products and lean cuts of meat, fish, and poultry. Also, limit foods high in salt and sugar.

Please see reverse

Signs of Diabetes:

- Feeling tired
- Frequent urination (especially at night)
- Being very thirsty
- Weight loss
- Blurry eyesight
- Sores that heal slowly
- Loss of feeling or tingling in your feet

Every Woman Matters Screens for Diabetes:

The Every Woman Matters Program can help you receive a free or low-cost health exam that includes screening for diabetes. In addition to breast and cervical cancer screenings, clients ages 40 through 64 are eligible for blood pressure, blood cholesterol, and diabetes screening. Screening for diabetes is done with a fasting blood glucose test.

Every Woman Matters clients who have been screened for heart disease and diabetes can also take part in activities and receive information related to changing and maintaining healthy behaviors such as a healthy diet and being physically active.

Additional Resources:

Nebraska Diabetes Program	www.hhs.state.ne.us/dpc/ndcp
American Diabetes Association	www.diabetes.org
CDC National Diabetes Education Program	http://ndep.nih.gov

For More Information:

Nebraska Office of Women's Health
301 Centennial Mall South, P.O. Box 94817
Lincoln, Nebraska 68509-4817
Phone: 1-800-532-2227 TDD: 1-800-833-7352 Fax: 402-471-0913
www.hhss.ne.gov/womenshealth